



Adonis Golden Ratio Nutrition Guide

CATEGORY 1 - PRIMARY GOAL
MUSCLE BUILDING

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INTRODUCTION

The time you spend in the gym is really only half of the story for getting to your golden Adonis ratio but the other half is your nutrition. In this manual you'll learn how to eat to get ripped, lose bodyfat and build maximum muscle



mass. With this system, your current Adonis Index Ratio will determine your nutritional requirements. As your ratio and body measurements change so will your nutritional needs. Just as your workout is specific to your current measurements so are your nutritional needs. This is because the shape, size and proportion of your body is an accurate indication of the growth potential of your muscles and your fat loss potential. Your outward shape and proportions tell us what is going on inside your body from a hormonal, metabolic and functional point of view.

Your measurements tell us 3 things:

1. What your primary goal should be ranging from primarily fat loss, or muscle building or a balanced mix of both.
2. What workout program is ideal for your current body shape and size and goals.
3. How you should be eating and supplementing to achieve your ideal body.

It's important to match your nutritional intake with the current state of your body to maximize your results and get you to your Golden Adonis ratio as quickly as possible.

You'll learn what foods to choose from for your current body measurements, how many total calories to eat, how much protein to eat, and how much you should expect your body to change on a week to week and month to month basis.

No matter where you are starting from, the final goal is always to achieve maximum muscle mass with low enough bodyfat levels to have impressive muscle definition.

This is the nutrition manual for people in category 1 = Primary goal Muscle Building.
(make sure you are in category 1 if you're reading this manual)

EATING FOR MUSCLE GROWTH - GETTING THE ANABOLIC ADVANTAGE

Eating for muscle growth has been made to seem overly complicated by muscle magazines and the ever growing amount of blogs, message boards, forums and website on the internet. The process however is not as complicated as it may seem. I'll try to keep it very simple here.

First and foremost you need to be eating both enough calories and enough protein to allow your muscles to grow at their maximum rate and reach their maximum size. This does not mean you must eat as much as possible (this would actually be counter productive), but you do need to be eating enough. If you're missing either of these you will be leaving some muscle growth on the table and not achieving your best result.

The Adonis Golden Ratio nutrition software is designed to optimize both your calorie intake for maximum muscle growth without causing you to gain bodyfat. This ability to gain muscle without gaining fat is the anabolic advantage you are looking for that many people are missing when they attempt to overeat to gain muscle.

The Bulking-Cutting Cycle is Dead

The old school bodybuilder way of eating for muscle growth was to 'eat big'. This meant stuffing yourself with thousands of excess calories every day until you became fat and bloated. This was known as 'bulking'. This however is a backwards move as excess bodyfat actually blunts your ability to build muscle by causing insulin resistance, amino acid resistance, chronic inflammation, and even potentially testosterone resistance. But that isn't the worst of it, excess bodyfat itself can actually convert some of your natural testosterone into estrogen which is a female hormone that actually causes you to store even more fat! So as you can see gaining even an ounce of excess fat is not a good idea if you're goal is to actually build muscle.

The only reason 'bulking' with excessive calorie intake might seem to work for bodybuilders is because they take excessive amounts of drugs that offset all of the negative side effects I just mentioned that are associated with eating excessive calories and gaining massive amounts of weight. But even with all of the drug use by bodybuilders there is still an upper limit to the amount of calories even they can eat until they also start to gain fat and lose their ability to gain muscle.

The bottom line is you do not have to gain any excessive bodyfat in order to gain muscle mass, and in fact gaining bodyfat will only hold you back from gaining muscle.

The Adonis Golden Ratio nutrition calculator is designed to give you a calorie total that will optimize your ability to gain muscle WITHOUT GAINING FAT. This is a key distinction as the myth we have been told is to eat more and more to force our muscles to grow faster than they really can.

This system is designed for lean mass gaining without gaining fat mass. The way you can be sure that you're not gaining fat mass is by monitoring your weekly waist measurement. If your waist measurement starts going up faster than your shoulders on a consistent weekly basis then you need to reduce your total calories. From my research I have found that for most men between the heights of 5'4" and 6'2" each added inch of waste circumference is indicative of a 5lbs gain in body fat. For example; if you gain 5lbs in the next 2 weeks but your waist goes up by a full inch in that same time, then you're gaining too much fat mass and you need to back off on your total calories by 10%. This should be the only adjustment you will need to make when eating for muscle gain. Remember the goal is to gain lean mass without gaining fat mass. If you've gained 6 pounds of body weight, but your waist measurement has only gone up by $\frac{1}{2}$ an inch then this indicates that you have indeed added muscle weight. So the ratio between weight gained and change in waist circumference is how we track muscle vs fat gain.

If you're waist is undersized then you will also gain muscle mass in your lower back and abdominal region which will increase your waist size as well. Keep a close eye

on your overall definition and specifically the definition around your waist to be sure that your gaining muscle and not fat.

Next up is understanding protein intake.



PROTEIN INTAKE

One of the main concerns people have when both eating for muscle gain or fat burning is figuring out the amount of protein they should be eating. You'll often hear that 1 gram of protein per pound of body weight is a good guideline for muscle gain and fat loss. However this guideline is overly simplistic, for example why would a 300 pound obese person need 100 grams more protein per day than a ripped 200 pound athlete?

Protein provides amino acids for the building blocks of muscle growth. Protein recommendations for the purpose of muscle gain will vary depending on the source you're



reading. Bodybuilding magazines will put the daily total as high as 300 grams. If you've every tried eating 300 grams of protein per day on a consistent basis you'll realize how ridiculous of a number this is. Other less extreme recommendations will come in around 100 grams per day, and some so called 'experts' might even suggest that you don't need to go any higher than the RDI of approximately 60 grams per day for an adult man.

Based on all the protein research I have read I think the real answer is somewhere in the middle between the bodybuilders recommendation and what the mainstream fitness media thinks. I've used all of the latest research on protein and muscle

gaining to build the Adonis Golden Ratio nutrition calculators protein recommendation formula.

Contrary to popular belief you don't always need to mega dose protein to gain muscle mass and burn bodyfat. In fact the optimal amount of protein you will need changes based on your measurements as well as the volume and intensity of your workout. Your daily and weekly protein intake will be calculated for you each time you use the nutrition calculator software. You should take your measurements and get your protein total calculated once per week with the software and follow this recommendation. This number you get automatically takes into account the Golden Ratio workout you will be following as well since it's also based on your measurements. As your body changes over time so will your protein recommendation. Follow this recommendation as close as possible as a daily average. If you miss hitting your protein totals today, you don't have to 'make up for it' by eating extra protein tomorrow, simply get back on track and hit your recommended number.

MINIMUM MACROS

There are two main categories of nutrients, micronutrients and macronutrients.

Micronutrients are the vitamins, minerals and some of the other trace elements that are found in your food. A good multivitamin supplement can ensure you're getting all of these no matter what foods you choose to eat. Of course eating a mix of whole foods will always provide a wider variety of micronutrients that simply cannot be found in any one supplement or one food. I suggest taking a multi vitamin to ensure you're getting all of your micronutrients if you have trouble eating a really diverse mix of fruits, vegetables and grains. That is the short story on micronutrients as they are not the focus of this section. Getting your minimum level of macronutrients is the main focus of this section.

The major macronutrients are as follows:

1. Protein
2. Carbohydrates
3. Fats

Note: Alcohol is technically considered the 4th macronutrient but we will not be discussing it here as there is no requirement for alcohol consumption and as result there is no 'minimum' amount to hit on a daily basis.

Protein

Our daily minimum = 60 grams

I have already given protein it's own section in this book and the nutrition calculator software will give your specific daily protein intake requirement to optimize your muscle growth potential (regardless if your primary goal is muscle building or fat loss or a mix).

Carbohydrates

Our daily minimum = 130 grams



Carbohydrates AKA 'Carbs' are the next macronutrient to consider. The minimum requirement of carbs to have optimal functioning of both your body and your mind is estimated to be approximately 130 grams per day. As you can see this is a rather low number and only adds up to 480 calories of carbs per day. The types of carbs that will work best for your body will be determined by your current measurements. The main consideration when choosing carbohydrate sources are the sugar content and the fiber content. Most vegetable or grain sources of carbs will have some fiber and minimal sugar content. Fruit sources can have fiber but will also have more simple sugars. Processed refined carbohydrate products will have

the highest content of refined or added sugar with little or no fiber unless fiber is added specifically.

The general carbohydrate categories to choose from are as follows:

1. Vegetables - All forms
2. Grains – Example: whole grain breads, pasta, or rice
3. Fruits - All forms
4. Refined Processed Carbs – Example: Cakes, cookies and sweets

In category 1 you can eat a mix of all 4 categories with good success as your body needs the added energy to fuel your workouts as well as spare the protein you eat for muscle gaining.

A note about Fiber:

All of the fiber in your diet will be coming from the carbohydrates you eat. You can choose to eat whatever carbs you wish, but you should also be shooting to hit your fiber content throughout the day through your carb choices as well. The highest fiber carbohydrate choices will be vegetables, fruits and specific grains that have a higher fiber content such as whole grains, and bran. Don't try to eat too much fiber at one meal as this will upset your stomach. Instead try to spread it throughout the day. Using the fiber content of a given meal is an easy way to determine how many carbs and which carbs to eat at each meal.

The reason carbs are useful is that they can slow down the absorption of the food you're eating, reduce cholesterol, and maintain your gut health.

Once you've hit your minimum level of carbs and fiber you can fill in the rest of your carbohydrate recommendation with whatever carb choices you wish including refined processed carbs.

Fats

There are multiple forms of fat that you can find in regular food including saturated, trans, monounsaturated and polyunsaturated. Saturated and Trans fats are commonly understood to be the 'bad' fats, however there are some forms of each that are actually healthy to consume. For example some cholesterol lowering margarines are technically trans fats, and some forms of saturated fat can actually be heart healthy, and this even goes for animal fats found in meat. There is currently no lower necessary limit for overall fat content in the diet. This just means that people can be taken completely off of fat and not really experience any ill effects.

There is however an "Adequate Intake" for fats, specifically for Omega 3 and Omega 6 fats. There is some controversy over the exact ratio of omega 3 vs omega 6 fat you should have in your diet, but the main point is that almost all of us have too much omega 6 and not enough omega 3. The issue with fat is actually quite simple.

All you have to do is work towards a higher omega 3 content, and a lower omega 6 content. Omega 6 fats are found in most vegetable oils and used in many forms of cooking and baking. It's not hard to find omega 6 fats in the food supply, in fact it's rather hard to avoid them.

Omega 3 fats are the fish oils and typically can only be found in either a quality omega 3 fish oil supplement or by eating fatty fish such as salmon or halibut. If you're not a big fish eater then the easiest and most practical way to get omega 3 fats into your diet is through a supplement. These will help with joint function, reduce inflammation, help promote healing after your workouts and even have some noticeable benefits on your skin and metabolism. There is even some research to suggest that the essential fatty acids can improve muscle gain. There is one more distinction with omega 3 fats you must be aware of. There are two fatty acids that are providing much of the benefit of omega 3 fats. They are called EPA (eicosapentanoic acid) and DHA (docosahexanoic acid). You never need to attempt to pronounce these words out loud as any good fish oil supplement will list the EPA and DHA content on the label. In general you will be looking for a fish oil supplement that can deliver a high content of both of these fatty acids in as few capsules as possible.

In the next section you will find your specific EPA and DHA recommendations based on your category.

Fat is going to be present in many of the food choices you make on a daily basis regardless if you go looking for it. I don't see any need to seek out specific fat choices except to take a fish oil supplement for the specific purpose of getting omega 3 fats into your diet. Alternative you can eat 2-3 servings of fatty fish per week to get your omega 3 content, or you can combine a mix of fish oil supplements as well as eating some fish. Personally I like the latter option of eating some fish on a regular basis as well as taking an omega 3 fish oil supplement.

The main sources of saturated fat in your diet will come from animal meats, dairy products, and any baked goods or sweets that you choose to consume.

The main source of omega 6 fats will come from nuts, avocados, and many of the seed oils. But as I mentioned before, you don't actually have to look for these fats and purposefully include them in your diet, they will find their way into many foods as part of the cooking, baking and preparation process. Just focus on increasing omega 3.



ADONIS GOLDEN RATIO NUTRITION PRINCIPLES

These principles are the main focus of the nutrition philosophy within this program. This is the fundamental basis of how we think about nutrition. It doesn't have to be as strict as you've been led to believe. Structure can work for some people but you don't have to live the bodybuilder lifestyle with Tupperware containers and cooking the standard chicken breast and sweet potato/steamed broccoli meals every day. Our clients have had great success following these principles without making it any more complicated than this. In the later pages of this manual I give loose recommendations about carbohydrates and achieving your minimum macronutrients for the day. Some of the recommendations may fit for you, some may feel too cumbersome and you can certainly take them or leave them.

These following 7 principles should be guiding you through every decision you make with food and dieting. Follow these principles first and foremost, and once you've mastered these, then and only then should you attempt to incorporate the recommendations you will find later in this manual in the 'macronutrient recommendations' section. One of the biggest problems people face with getting in shape is over-complicating the process and specifically overcomplicating nutrition.

In many cases you'll never actually need to go beyond these principles at all. I suggest you read these principles and let them sink in, especially numbers 1-3. These may very well be all you ever need to do to get to your desired goal.

1. Total Weekly Calories – Follow the Adonis Nutrition Calculator daily and weekly calorie recommendations. Your primary focus should always be on this number. The amount you eat will far outweigh what you eat when it comes to maintaining a lean physique and building lean muscle. If all else fails, sticking to this one principle will still get you most of your results.
2. Total Weekly Protein – Hit your daily/weekly protein recommendations. You don't need to hit these exactly every day, but as an average throughout the week. If your protein recommendation is 130 grams today and you only eat 100, you can make up for it by eating 145 grams on the following 2 days. Don't stress too much about it if you have a few under days, as you can always make up for them at another time.
3. Think Weekly – Think of hitting your calorie and protein goals on a weekly basis. You're going to have some higher and lower calorie and protein days throughout the week and that's fine. Your goal should always be to arrive at your recommended calorie and protein total at the end of the week instead of specifically each day. Thinking in terms of having a 'winning week' is far less stressful than judging your



- success on a daily basis. Even the most disciplined people have bad days, in fact they have bad days almost every week. Instead of feeling stressed and disappointed that you didn't have a perfect eating day every day, shift your focus to winning the week. This takes the pressure off of having to be perfect every day and ironically it makes it easier to stick to your plan each day!
4. Never Skip Social Eating Events because you're "Dieting" – Identify the social eating events you want to attend and work the rest of your week around these. For example a client of mine is routinely on the road and has to eat lunch with clients. He cannot skip this meal and he cannot appear to be obsessive compulsive about his diet at this meal either. So he eats a sensible mix of food at these business lunches and adjusts the rest of the day/week to fit around this lunch event. This is important because social eating is a bonding experience and if your job depends on landing the sale or winning the client over you don't want to appear to be an obsessive bodybuilder at a business lunch. It could even be the make or break point for landing the deal or not. Even if you don't have a job that requires you to be taking clients out for lunch or dinner this same principle of bonding with others over food applies. You never want to be missing out on a social experience because of your diet. If you start skipping social events because you think you need to eat a certain way then you're simply becoming anti-social...and what is the point of having a great body if you never go out? Choose the events you want to attend and work the rest of your weekly diet around them.

5. Over/Under – This simply means if you overeat today you must under eat tomorrow or for the next few days to compensate for today. You could also prepare for a bit overeating (such as thanksgiving) by under eating for a day or two leading up to the big day. This is as simple as looking at your daily and weekly calorie total the nutrition calculator gives you and adjusting down on the 2-3 days leading up to the big eating day when you know you'll go over. Of course you will be guessing at how much over you will be going on the overeating day but taking action on this is better than simply letting the day pass without having some under eating days to compensate.
6. Hot Button Foods – There are some hot button foods that you likely cannot control yourself around and you know you will overeat them. For me it's chicken wings, I know if there is a social event with chicken wings I'll eat a lot of them. This is the one food that I must be aware of because I know if they're around I'll be powerless to control myself around them. For other people it's things like peanut butter, or cereal, or cookies. Whatever your 'hot button food' is make a conscious effort to only expose yourself to this food on a limited basis. I don't believe in labeling any food as 'bad', but I think you should identify that one hot button food that seems to have control over you and limit your exposure.



7. Account For Booze – If you're going to drink alcohol you have to account for it in your total calorie count for the week. On a big drinking night some people can put back 2000-3000 calories just in booze! This has to be accounted for in your weekly calories. If you want to stay on track with your ideal body goals you're setting yourself up for a few hard dieting days to make up for this. I encourage you to find lower calorie booze options if you must drink alcohol. Also pay attention to the extra calories that end up getting consumed when we get the munchies at the end of a night of drinking. You can certainly have alcohol, but be smart about your choices and how many calories you consume and how much food you end up eating on a night of drinking. I'll bet you'll be surprised at how fast it adds up. As crazy as this sounds the easiest way to keep a lid on over consuming calories on a night of drinking is to eat less food during the day before you go out. You'll end up needing far less booze to catch a buzz so if you can control yourself you'll actually end up drinking less and it still leaves room for food afterwards. Keep in mind this technique only works for people who can actually control how much booze they're drinking once they get started. If you're an all or nothing kind of drinker then just eat as you normally would and plan on having a few diet days afterwards.

The following section is macronutrient recommendations you can test out once you've mastered the principles written above, some of these recommendations will work well for you, some may feel too difficult. You can test each one a week at a time. After a week if it seems doable and you can work with a given recommendation then keep it in your nutrition strategy for the remainder of the 12-week program. If on the other hand it's feeling too difficult to keep up with discard that recommendation and move on to the next one to test...BUT, and this is a big BUT - they're only useful if you're following the 7 principles above first.

Also keep in mind the recommendations in the following section are meant to add to and further accelerate your results on this specific 12-week program, however they are not meant to be used forever. The 7 principles above on the other hand are the core of your long-term nutrition strategy and you should always be thinking in terms of those principles from now on. Getting these principles ingrained into your thought process will do more for you getting to your golden body and keeping it than anything else.

MACRONUTRIENT RECOMMENDATIONS

The following macronutrient recommendations are strategies you can test out while you are following this specific 12-week program. Add them in for a week at a time. At the end of the week decide if it was fitting into your schedule or not. If it does not fit, discard it. As I've stated before as long as you're hitting the weekly calorie and protein totals the nutrition software gives you then these recommendations are simply an added level of structure that can move you along faster.

Category 1 - Primary Goal = Muscle Building

Protein Intake:

Your daily protein intake will be determined by the nutrition software. Follow the recommendations the software provides you for daily protein intake. With your primary goal being muscle building you can actually eat most of your protein in two or three large protein meals instead of multiple smaller meals. Because of the intensity, frequency and volume of your workouts, as well as the current state of your body you will be in an anabolic advantage state that allows you to eat 2-3 big protein meals that will help optimize the muscle building process.

It's likely that you will need to have a protein shake with at least one of your meals in order to get all of your daily protein requirement in.

Your body will be able to use all of the protein you eat in a time released manner to fuel the muscle building process throughout the day and night. This infrequent protein feeding pattern is unique to being in category 1 and works this way because of the style of workout program you will be following.



Protein Recommendation:

- Consume 1 large serving of protein (at least 50 grams) within 3 hours before your workout.
- Consume 1 large serving of protein (at least 50 grams) within 5 hours after your workout.
- Consume the rest of your recommended protein throughout the day or add it to the above two serving times.

Carbohydrate intake:

In this category your body is capable of handling a higher volume of carbohydrates, a mix of carbohydrate forms, and you can consume them spread throughout the day. At this level there is not time that you cannot eat carbohydrates. You will benefit from eating all forms of carbohydrates including complex carbs, starchy carbs, simple carbs (higher sugar content). Carbohydrate choices you can use include rice, pasta, potatoes, squash, all forms of vegetables, fruits, as well as high sugar content processed foods.



Carbohydrate recommendations:

- Eat a minimum of 300 grams of carbohydrates per day.
- Up to 150 grams of this carbohydrate content can come from processed high sugar content foods (such as baked goods, refined and processed flours, and sweets).
- Ensure you are consuming 25 grams of fiber from your carbohydrate foods. You will find fiber primarily in vegetables, fruits, and grains such as whole wheat, bran, and multigrain baked goods.
- You can consume some high sugar content foods throughout the day starting at breakfast or any other time throughout the day as it fits your schedule.

Fat Intake:

There is no need to consciously look for fat as it will be present in many of the foods you will be eating. Focus on getting enough omega 3 fats in your diet through an omega 3 fish oil supplement or eating fish, or a combination of the two.

Fat recommendations:

- Consume approximately 2 grams of fish oil per day that will provide approx 0.5 grams of DHA and 0.5 grams of EPA. <-- Most supplements will contain more EPA so you will want to adjust your dose to get enough DHA and will automatically have more than enough EPA.
- Consume approximately 20% of your total calories in fat, don't worry about hitting this number exactly, it really is just a rough guideline.

USING THE ADONIS GOLDEN RATIO NUTRITION SOFTWARE

Inputs

At the beginning of the process you will have to choose your units, imperial or metric.

Height:

No explanation needed here, simply select your height from the drop down list of heights. If your exact height is in between two selections on the menu then choose the closest option that is lower than your actual height. For example if you know you're 5'10.5 then you should choose 5'10 on the calculator.

Weight:

As you know your bodyweight can fluctuate throughout the day. I suggest taking your weight in the morning right after you wake up. Each time you weigh yourself do it at this same time of day. This is the best way to get an accurate measurement of your weight that you can compare to your previous measurement. Only take your weight once per week and do it on the same morning of the same day of the week.

Waist:

This is your waist circumference. Refer to this instructional video on how to take this measurement.

Do not pinch the measuring tape tighter than it should be and on the same note don't leave it dangling loose either. The tape should be 'snug' but not pinching in. It is also important that you take this measurement while standing in good posture with your abdomen in a neutral position. This means you're neither actively sucking your abdomen in nor are you forcefully pushing it out.

Shoulders:

Shoulder circumference is meant to be taken around the widest part of your shoulders while standing in good posture, chest out, shoulder back, head up. [Watch this instructional video](#) to learn how to take the shoulder measurement correctly.

Outputs**Ideal Waist:**

The first output is your ideal or 'golden' waist circumference for your height. Most men under 6'2 and over 5'6 should fit very closely with this ideal golden waist calculation. Some taller men may find that when they're in their best shape they'll arrive at a slightly smaller waist than our calculator suggests, some shorter men who are very muscular might end up slightly above our number but in general this number holds for just about everyone.

Ideal Shoulders:

The ideal or 'golden' shoulder measurement is a calculation based off of your ideal waist. This number is accurate for most men. Some very tall men might find themselves to be slightly under this and short men might also find they could come in above this number.

Ideal Weight Range:

The ideal weight range output approximates 98% of the population at their golden numbers. This means that almost all men will fall within this ideal weight range when they hit their golden numbers on waist and shoulders at an assumed bodyfat of approximately 10%. Your genetic predisposition for being bigger, average, or thinner will determine where you fall within this range.

Best Estimated Target Weight:

This output is simply the mid point of your ideal weight range. For many men they will arrive very close to this number when they're at their ideal Adonis Golden Ratio body. Depending on the amount of bodyfat you are carrying when you get to your ideal look you may be slightly heavier or lighter than this estimated target weight. Keep in mind this is an estimate at the middle of your ideal range. It's very possible that you arrive at your ideal look a full 12-14 pounds heavier OR lighter than this number.

Suggest Daily Calorie Intake:

Right now gaining muscle mass is your primary concern and the calculator will give you the appropriate amount of calories for maximizing muscle growth without gaining excess bodyfat. This number will change based on the measurements and weight you enter into the calculator and you should be using it once per week to get your daily and weekly calorie average.

Pick a specific time and day of the week to be your 'weigh in' day. I suggest choosing a morning where you take your measurements and bodyweight right after waking up. This is the best way to keep your weekly measurements consistent and comparable.

Maximum Possible Weekly Fat Loss:

This is your projected maximum possible weekly FAT loss that you can achieve without losing lean body mass or affecting other body tissues. Since you are in category 1 this will not give you a useful number as your goal is not fat loss at the moment.

Possible Daily Water Weight Fluctuations:

This output will change based on how much bodyfat you are carrying. Simplest way to think about this is the more fat you have the more water you have, and thus the greater your daily water fluctuations will be. If you are already lean then you're water fluctuation will be as low as it can possibly be. If on the other hand you have some bodyfat to get rid of you will notice that as you get leaner your water

fluctuations will likely shrink to a smaller range. This is all part of what to expect as you tighten up and lean down your body.

Longest Suggested Fasting Period:

Intermittent fasting has become popular among physique athletes and many people looking to strip off fat without doing complex dieting programs. A partner of mine who helped me research the Adonis Golden Ratio system Brad Pilon has written one of the most popular books on intermittent fasting called “Eat Stop Eat”. The reason we have this output for you is because many of our best fat loss transformation clients have incorporated Brad’s Eat Stop Eat style of fasting specifically to help achieve their fat loss results.

This doesn’t mean that you must be doing any form of fasting at all, and in fact I don’t recommend attempting a fast until you’ve read a qualified fasting program like Eat Stop Eat so you know exactly how to do it effectively. With that said this output is simply a guideline for the suggested length of time you COULD fast given your current measurements should you choose to. As you may have guessed the more fat you have to lose the longer the fast your body can handle. We know that some people have experimented and used longer fasts of 48 and up to 72 hours with great success during the initial stages of a big weight loss transformation. Towards the end of a weight loss specific transformation when there is much less fat to lose these longer fasts become impractical and the calculator will adjust this recommendation as your inputs change. If you are going to use fasting as part of your weight loss

strategy the calculator will suggest how long your fasts can be without adversely affecting your results. Finally if you're goal is primarily muscle building then you likely will not want to fast at all.

Click the link below to access the Adonis Golden Ratio Nutrition Calculator



**CLICK HERE TO ACCESS
ADONIS GOLDEN RATIO
CALCULATOR**